Skin Check Guide

A 30-second look at every change keeps small problems small

Healthy skin around the stoma looks like the skin on the rest of the belly: no redness, no itching, no breaks. Look at the skin and at the back of the old wafer at every change.

What you see	Often means	What helps
Red ring right around the opening	Output reaching the skin	Re-measure and cut 1/16 to 1/8 inch (2 to 3 mm) larger; a barrier ring helps.
Red patch shaped like the wafer	A reaction to the adhesive	Note the product; ask the nurse about a different wafer.
Itchy red rash with small spots	Warmth and moisture under the wafer	Clean with warm water, dry completely, change sooner when damp.
Small bumps at hair roots	Irritated hair follicles	Trim hair with scissors or clippers, not a razor; peel the wafer slowly.
Broken, raw or weeping skin	Damage that needs a closer look	Call the ostomy nurse this week.

Gentle care at every change

Warm water only, no oils, lotions or wipes that leave a film. A cooled chamomile or calendula tea compress can soothe skin; let it dry completely before the new wafer goes on.

Skin log

Date	What I saw	What I did	Better, same or worse?

Go one step deeper with My Ostomy Blueprint

A personal plan written from your own story. Scan the code or visit **stomastifler.com/my-ostomy-blueprint**

Educational information only, not medical advice. Your ostomy nurse knows your situation best.